

Almagest

September 12, 1986

Louisiana State University in Shreveport



Free hour planned for spring

by DONNA WHITTON
Editor

A "free hour" will be added to the 1987 spring semester class schedule according to Vice Chancellor of Academic Affairs Wilfred Guerin.

"I hope the University Center will be crowded to the walls during that period," he said, adding, "I would also like to see the students going to the library and attending lectures at that time."

According to Gloria Raines, vice chancellor of student affairs, the period was designed to give students a chance to become more involved in campus activities.

"There is no time now that you can call a meeting and have everyone there," Raines said. "At one time, the 12 o'clock hour was free," she said, but added that now so many students schedule classes at noon that meeting attendance is poor.

Because LSUS is a commuter

campus and so many students attend work after classes, Raines says she sees the free period as a plus for the university.

"I really honestly can't think of any disadvantages. I can only think of the potential," she says, adding, "Even though its only 50 minutes, you would be amazed at what you can get done. I'm hoping this is going to get more people involved."

According to Guerin, the free 50 minutes will make only a small change in the current Tuesday and Thursday schedule. Instead of a 15 minute break between classes, there will be a 10 minute interval on Mondays, Wednesdays, and Fridays. In addition, the classes before the free period will begin 15 minutes earlier than those this semester, and the classes after the free period will begin 15 minutes later than usual.

On Tuesdays and Thursdays, classes will be held from 7:45 a.m.-9 a.m., 9:10 a.m.-10:25 a.m., 11:15 a.m.-12:30 p.m. and 12:40-

1:55 p.m. From 10:25 a.m. until 11:15 a.m., no classes will be scheduled.

According to Raines, LSUS is not the only college which has a free period. "There are a lot of schools that have it," she said. "Some schools have a free period every day."

Guerin says that in addition to more time for student participation in campus activities, library study time and lecture attendance, the free period will provide students with more time to get to know their teachers.

I want to encourage more contact with the faculty and faculty advisors," he says. "We have to give more of an opportunity to catch each other."

Raines says that the free period "won't make that big of a change. You won't have 4000 people sitting around doing nothing and dragging along," she said. "When people get used to having their meetings, they're going to love it and not want to give it up."

LSUS alumni sign up to use the HOPE facilities, which were opened to alumni for the first time Monday.

Sept. 29 to Nov. 24

Leadership seminar will be taught

by SCOTT STRONG
Managing Editor

Collette Cheramie, director of student activities, said.

There will be nine sessions held through September 29 to November 24. They will be held on Monday afternoons from 1:15 to 2:45.

The sessions will include seminars from faculty members speaking on such topics as financial planning, conflict resolution, time management, and decision making.

Many of the sessions will be ex-

periential, which will give students hands-on training, such as requiring them to formulate a family budget during the financial planning session.

Cheramie said that the ultimate goal of the program is to offer course credit to future participants. This semester's students who complete seven of the nine sessions will receive a certificate of achievement.

Prior to the first session, there

will be an overnight workshop at Wilkes Lodge in Jefferson, Texas for the program's members.

Present goals of the program are to enhance development of students for present and future leadership positions and to improve the quality of student organizations and student life through the development of student leaders.

Applications can be obtained in UC 232 September 8-19.

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SGA elections competitive

by DOREEN LaFAUCI
News Editor

SGA elections for senators-at-large were held Wednesday and Thursday, and there were some changes.

Last year's senatorial race was described by then president Tim Robinson as a confirmation for candidates rather than an election. Students automatically received positions because there were more senate seats available than students running.

This year's elections proved more competitive.

On Monday SGA President Jack Williams said there were at

least 19 candidates running for 14 positions and that he expected a few students to sign-up to run at the last minute. The deadline to fill out an application to run was Monday at 4 p.m.

Williams also said he was pleased with the fact that freshmen are getting more involved in the SGA. "We're looking for that new blood," he said.

Other changes in elections dealt with the campaigning process itself.

Any advertising was to be placed outside or on bulletin boards inside the buildings. Placing campaign posters on building walls was prohibited.

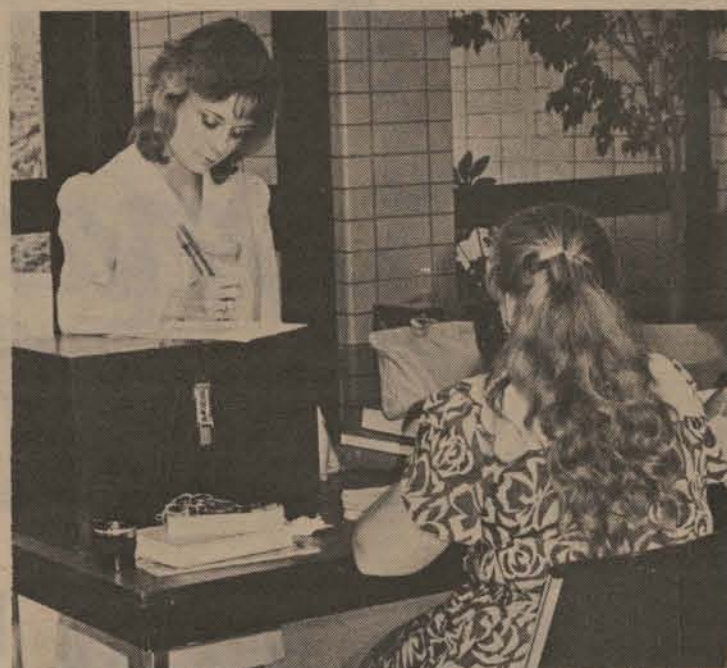
Williams also stated there was to be no campaigning, specifically by candidates, within fifty feet of the polls. Student ID's were to be checked when they voted.

Williams' reasoning for these changes was based on last semester's procedural problems in the race for SGA president, vice-president and senators from the five colleges.

"Last semester we had a lot of problems; we can't let that happen again," he said.

Winners are to be announced today.

"The top 14 vote-getters will be the winners. There will be no run-offs," said Williams.



Student Karyn Rominger votes while SGA Vice-President April Melton looks on.

Advice computerized

SIGI, a computer program that can match a career field to a student based on information the student has entered into the computer, is one of the services offered to students by the placement office.

Another service offered by the placement office is a career library which contains books with information on different career fields and some with tips on job hunting. Also, there is an employer information file which gives students access to such items as salaries and background information of certain

businesses.

All of these services are designed to enable students to compete for and get jobs they want.

Bill Stowe, director of placement, said he would like to see more freshmen and sophomores use the office because it would make them aware of the requirements specific jobs have. It would also allow them to take certain classes that would help them get the job of their choice.

The placement office is located in BH 140 and its services are available to all students and alumni of LSUS.



Tracy Tuggle gives the gift of life during the SGA blood drive. Phlebotomist Roy Tucker assists.

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All editorial views expressed herein are the opinion of the writer and should not be construed to represent administrative policy. The purpose of the Almagest is to inform the students and faculty of news concerning LSUS.

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Self-help classes to be taught

by BRIDGETT WILLIAMS
Staff Writer

The LSUS Counseling Center, under the direction of Dr. Jeff Ickes, is once again offering many self-help courses.

The courses offered this semester include the Love Class, Human Potential Seminar and Stress Management workshop.

Last year the counseling center saw over 25% of the student body at LSUS. According to Ickes, they not only do career and educational counseling, but also help those students with deeper personal needs.

As a "pro-active approach" to helping students, Ickes and his assistant, Paula Lynch, teach

classes which they feel are right on target with the needs of the students.

The Love Class which is being taught this semester on Thursday evenings 6:30-9:30, Sept. 4 through Dec., teaches participants the basic concepts and the dynamics of "unconditional love." It includes the areas of self-esteem, friendship, romance and parenting.

The Human Potential Seminar helps individuals identify and actualize the positive elements within themselves. It is going to be taught Tuesday and Thursday afternoons 1:00-3:00, Sept. 9 through Oct. 30. The goal of the seminar is to help each participant to achieve a more positive

self-image.

The third course offered by the counseling center is called Stress Management. This workshop explores the nature of stress and introduces participants to ways of relieving the pressures in their lives.

Ickes said that the classes are "overwhelmingly successful." His goal is to "help the campus become caring and close."

These classes and personal counseling are his ways of giving students a "caring, nice feeling when they graduate from LSUS."

For more information or to sign up for groups, contact the Counseling Center at 797-5365 or drop by the Business Education Building, Room 115.

Bid Day



Sororities participated in bid day activities.

ROTC Scholarships

"If you choose an Army career, you will be prepared for a life of great personal satisfaction in the service of your country," said Captain Barbara Marsh, officer in charge of military science at LSUS. "If you pursue a civilian career you will have an edge on your contemporaries."

Marsh, the new military science department head, said the ROTC program gives management and leadership experience that no other college course offers.

The military science program is co-ed and entails four years of college instruction. It is divided into a basic course for freshmen and sophomores and an advanced course for juniors and seniors. Enrollment in the program is voluntary for freshmen and sophomores and incurs no military obligation.

Academic credit is granted for

completion of ROTC courses. Successful completion of the four-year program gives the student an 18-hour military science credit that can be applied towards a computer science degree.

Basic course students who are eligible and opt for the advanced course receive a tax-free \$100 monthly subsistence allowance for each of their last two years at LSUS.

Full tuition scholarships are available to select students enrolled in the ROTC program. The scholarships are awarded on a competitive basis for two or three years. The scholarships pay for tuition, laboratory fees and other purely educational expenses. In addition, a tax-free allowance of \$100 monthly is given for ten months of the school year. A national level scholarship may grant the student over \$5,600 over a two-year period.

Students interested in applying for a ROTC scholarship may stop by 130 Bronson Hall or call 797-5361.

Briefs

Campus briefs should be turned in to the Almagest office, BH 344, no later than noon on Tuesdays.

Plantation conference held

Noted scholars from throughout the world will gather at LSUS Oct. 6-10 for the second in a series of international meetings to share research on plantations.

The Second World Plantation Conference will host 35 distinguished teachers and authors in several disciplines, including anthropologists, sociologists, geographers, historians and economists.

Participants will report on their investigations into the economy, demography, culture, sociology, governance, folklore and history of plantations as they have developed on frontiers around the world.

Most of the events of the conference will be open to the public and will be free of charge.

Louisiana was selected as the site of this year's scholarly seminars because of its traditional association with the plantation institution, said Dr. Rouse Caffey, chancellor of the LSU Agricultural Center, sponsor of the series. The first conference convened in Baton Rouge in October 1984.

Conference events this fall are

planned for LSUS and Lake Bistineau State Park, with related activities at Southern University in Shreveport-Bossier and the Louisiana State Museum.

The Louisiana Endowment for the Humanities, co-sponsor of the conference, provided special emphasis to presentations of popular interest, which include public lectures, discussions and displays of plantation memorabilia.

Along with the LSU Agricultural Center, other sponsors include the History Departments at Southern University in both Baton Rouge and Shreveport-Bossier, LSUS and LSU at Alexandria.

The public, as well as students and professionals in the various areas of plantation studies, will hear papers and discussions by panelists on plantation societies from as far away as Japan, South Africa and Brazil, in addition to presentations of research into the plantation societies of the United States, including Hawaii.

Dr. Sue Eakin, author and historian at LSUA and John Tarver of the Agricultural Center in Baton Rouge will serve as

director and coordinator, respectively, of the Second World Plantation Conference, as they did of the first.

Printed proceedings — the lectures and discussions — of the first conference, including essays by 15 noted plantation scholars and commentary by several others, and a wide-ranging panel discussion will be available at the conference. Plans now call for printing and making available to the public the proceedings of the second meeting also.

"We have elected to hold the Second World Plantation Conference in Shreveport so that the people of Northwest Louisiana and our neighbors in Arkansas and Texas can hear and enjoy these distinguished teachers and writers speak on the plantation as a universal institution, not at all confined to the American South," Caffey said.

"It is also very important for their work that these scholars get the chance to sample the unique North Louisiana farm country and enjoy the hospitality of our people and our great institutions of learning," he added.

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Rights abused

Each school day a terrible cruelty takes place on this campus — a cruelty that many have noticed, but few have confronted.

Each school day when classes end, handicapped students are carelessly pushed aside so that their peers can take an easy ride on the elevator.

Handicapped students probably don't want people's sympathy, but try to put your self in their place.

It must be terribly hard to exist in a world which is designed for those who are physically whole. Many actions which are taken for granted by the able-bodied student are considered obstacles by those who are handicapped.

Take, for instance, getting to class on time.

For the able-bodied student, two options are available — ride the elevator, or take the stairs.

Many handicapped students, however, have only one choice — the elevator.

When their fellow students push in front of them, not allowing them on the elevator, the handicapped students are late for class.

Think about the embarrassment of arriving to class late — the stares, the giggles, the whispers behind your back.

It's not fair.

Why should innocent students suffer because of the blatant apathy of their selfish peers?

The SGA and other concerned individuals tried to remedy the situation by placing handicapped priority signs inside the elevator doors hoping that able-bodied students would take heed and make room for those who are unable to use the stairs.

But the signs were maliciously ripped from the walls, trampled on the floor and, in some cases, crudely defaced.

Finally, the SGA placed plastic covers over the signs and screwed them into the walls so that the vandalism could not be repeated.

But the barbarism continues.

Switch from high school to college not traumatic

by BILLY HUNT
Staff Writer

I have a question directed to the freshmen: Did your parents recently feed you some bull like, "Now you're going to have to adjust to college; it's nothing like high school."

They were right about the adjusting; but it's more like moving to a new town.

The fact is, LSUS and high school have a lot in common, so much in common that it's almost scary sometimes.

Like in high school, LSUS students recognize some social actions which are never told to you. You're just expected to learn them.

This makes the transition to college life rough. Let's face it, at Captain Shreve, Southwood, Huntington, Booker T., LSUS or wherever else you might go, only the strong survive.

That's where I come in.

I am going to make your transition easier by letting you in on some terms and tips that are synonymous with LSUS students.

That thing you saw in the UC two weeks ago was not the Michelin tire man, it was Rah Rah, the official mascot of LSUS intramurals. Even if it is a little childish, at least we don't have those stupid "Tux Hops on 12" (SAB, don't get any silly ideas).

I like Rah Rah because it never attends intramural events, but only campus parties. It still manages to be associated with intramurals, though.

If someone calls you a jerk, you are probably a physically able person who has taken a crowded Bronson Hall elevator to the second floor. Avoid this.

The UC is so much more fun than Dr. Doe's lecture at nine o'clock in the morning. When you blow him off, this is known as Greek scholarship, named for the primary offenders. But one does not have to be a Greek to practice this.

Other UC dwellers are on the one semester pool program. This applies to the characters who spend the day in the Games Room. After one semester of this program, one should be qualified to go and earn profits in any lounge.

Parents would be shocked if they knew how many students enroll themselves in this.

It's okay to get involved in student activities, but beware of Kaiseritis, that dreaded state that makes one feel he must not only join every student organization, but control them as well.

Centenary is that little place where LSUS students go to buy supplies that our bookstore forgot to stock. They'll usually have what you need.

These are only a few things you might need to learn to survive here. I hope I have made you feel more comfortable during your transition period.

May your college years be the best of your life.

Welcome.



Atlanta, Ga., barbecue joint owner just trying to keep out the riffraff

by LEWIS GRIZZARD
Columnist

Tommy (Goose) McDonnell, a Texan, moved to Atlanta several years ago and opened what he calls "a barbecue joint."

He started small. He found a little shack in a trendy section of town, raised a Texas flag on top of it and called it Texas Stateline Barbecue.

Tommy serves barbecue beef and pork, barbecue ribs, chili, beer in longnecks and his jukebox has the late, great Ernest Tubb singing "Waltz Across Texas."

Soon after he opened, Tommy was overrun by hungry customers. He's added onto the shack several times and he's expanded into other parts of the ci-

ty.

What I like about the Texas Stateline is Tommy's dress code.

It's simple: Anybody who comes in wearing a tie after 8 p.m. gets it cut in half.

"This ain't no 21," says Tommy, "it's a barbecue joint."

Most men who break Tommy's dress code think it's funny when Tommy, or one of his managers, comes at them with a pair of scissors and snips their ties.

But occasionally, he gets riffraff.

One customer called the cops after his tie was cut. The matter was settled out of court. Tommy and the irate customer went out on the deck where people were eating barbecue and drinking

beer and Tommy gave him \$25 for a new tie.

Another time, Tommy's manager cut off a customer's tie and the customer called Tommy at home to complain.

"Your manager cut off my tie," the man said to Tommy.

"Can't you read?" asked Tommy. "We've got signs all over the place saying that is exactly what would happen if you came in wearing a tie after 8 o'clock."

"I'm never eating at your place again," said the man.

"Good," said Tommy.

The point is if other restaurants can require their customers to wear a tie, I think Tommy McDonnell has every right to insist his customers don't.

Go into a restaurant that requires a tie when you don't have one and what they will do is give you a tie a Shriner wouldn't wear to a convention in Kansas City, and you have to tie it around your neck in order to eat.

You probably looked half-way decent when you walked in. But with that ugly tie around your neck you look and feel like an idiot.

"I want my joint to have a casual atmosphere," Tommy explains. "I don't want a bunch of men sitting around in ties. It's been our policy since we started, and it's going to remain our policy."

If I ran a restaurant, I wouldn't allow anybody to wear a tie and eat my food, either.

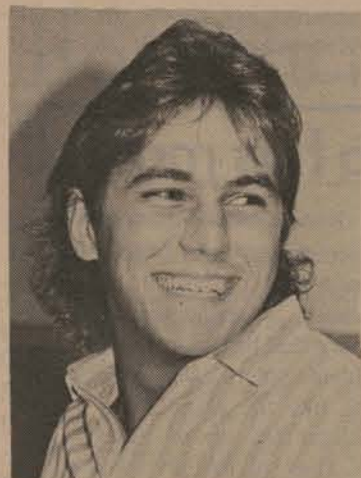
People who wear ties are usually under a lot of stress and I wouldn't want anybody dropping dead from a heart attack or suffering a stroke in my restaurant.

I also wouldn't allow anybody in who was wearing a polyester leisure suit. He might walk past the kitchen and catch on fire.

I'd also keep out fat women in tight shorts, men in Bermuda shorts with black socks and sandals, anybody with dandruff, people who smack when they eat, people with crying babies, anybody with a tattoo, loud New Yorkers and especially anyone who never heard of Ernest Tubb.

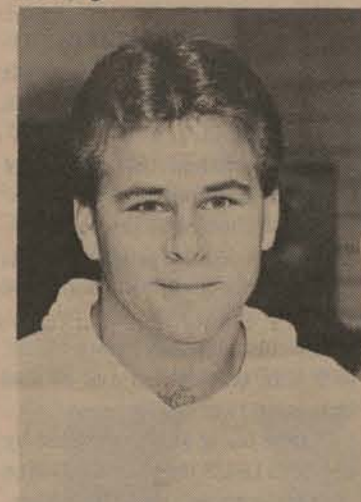
It's like Goose McDonnell says. To be successful in the restaurant business, you've got to keep out the riffraff.

Your View: What do you think of the free hour?



Lynn Boren
Sophomore
Public Relations

It all depends on the individual. Some people work and some people don't. Some people would rather take all their classes in the morning.



Stefani Humphries
Freshman
Communications

I think it's a great idea. It will give everyone a time that they can meet and not go to classes or anything.

Chris Greer
Senior
Pre-Med

I think it would be great. It would help the social aspect of the school.



Robert Matheny
Junior
Business

I don't think it's a good idea. I have to go to work and I can only get my classes in from 8-12.



SAB replaces Council

The Program Council has disappeared from LSUS.

There will be no more Program Council dances, noon activities or Fall Fest, because the Program Council has changed its name. It is now the Student Activities Board.

Along with the new name, there are also new faces. The executive officers consist of President Mike Smith, Vice President Kim Brice and Secretary-Treasurer Regina Yeager.

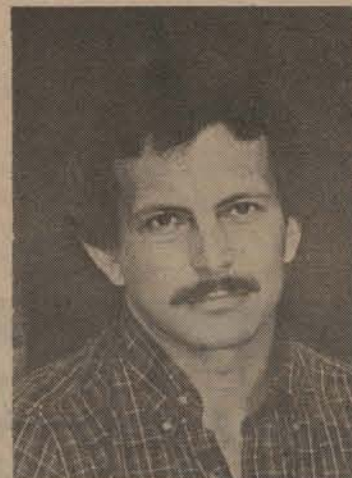
The executive officers attended the National Association of Student Activities Leadership Academy this past summer. The purpose of the academy was to

help aid them with any problems they might encounter during the school year and to teach them leadership abilities.

The fall semester started off with the SAB sponsored "Beat the Heat" party in the mall. Students enjoyed the music of "Pan" and participated in water fights with local firemen.

Other events scheduled for the fall semester are as follows: Hypnotist Tom Deluca, Sep. 23; Fall Fest, Oct. 1-3; Halloween Extravaganza, Oct. 31; Coffee House with student entertainment, Nov. 14; LSU-Tulane football game trip, Nov. 29; and a Steamboat, Colorado ski trip, Jan. 3-9.

This weekend the board will be



Mike Smith

attending a retreat in Jefferson, Texas. The officers and Student Activities Director Collette Cheramie will be the facilitators.

McBride and LSUS receive national merit award

The National Endowment for the Humanities has selected the Louisiana Endowment for the Humanities for a \$50,000 Merit Award, citing outstanding programs.

Dr. Marjorie A. Berlincourt, director of the Division of State Programs for the NEH, announced the Merit Award last week to Dr. Mary McBride, dean of the

College of Liberal Arts at LSUS and chairman of the LEH.

Dr. Berlincourt cited the LEH for overall programming of outstanding quality. The funds accompanying the Merit Award will be used to enhance humanities programming in Louisiana.

Louisiana was one of only seven states from throughout the

nation to win a Merit Award. Lynne V. Cheney, chairman of the NEH, said that the Merit Awards are made after careful consideration by the agency's peer review panel and the National Council on the Humanities.

Dr. McBride and Peggy Kinsey represent North Louisiana on the LEH Board.

LEH programming in the Shreveport-Bossier area this fall includes the RELIC Reading Programming at area public libraries, a series on area history on KDAQ, the Smithsonian Institution Workshop at LSUS and Centenary College Sept. 19-20, a humanities film series at LSUS, the World Plantation Conference at LSUS on Oct. 6-10, and a French Language and Culture Immersion Weekend for local teachers sponsored by LSU in Baton Rouge at the Regency Motor Hotel Oct. 24-26.

Information about any of these programs is available from Dr. McBride or Mrs. Kinsey.

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SGA needs volunteers

SGA needs volunteers to work at the LSUS booths at the Red River Revel and the Louisiana State Fair.

The Revel Runs Oct. 4-11. Money raised will go toward LSUS scholarships.

Students who work the State Fair Booth receive free admission.

Interested students can contact the SGA office (797-5342) or the

nominations for Who's Who among students in American Universities and Colleges now through Monday, Sept. 22, 1986.

Campus Briefs

Office of Alumni Affairs.

Who's Who

The Vice Chancellor's office for Student Affairs is accepting

Students and faculty can pick up applications in the offices of deans and department chairs, and from the Vice Chancellor's office.

DOM

DOM, the veteran's organization on campus, will meet at

noon, Wednesday, Sept. 17, in the U.C.'s Red River Room.

Veterans currently enrolled at LSUS are automatically members of DOM and are encouraged to participate.

PR Club

PRSSA, the public relations organization, meets the second Wednesday of each month at noon in BH 346.

Accounting lab has moved

by ROY BROWN
Staff Writer

The accounting lab has moved to room BE218 of the Business/Education building.

According to lab worker Dean Bielitz, the accounting lab is provided to assist students in learning the accounting principles taught by the LSUS faculty and to help them in completing their accounting computer assignments.

What do students think of the accounting lab? Nick Dillard says that it gives him a place to check his homework to make sure that he understands his problems before class. Others seem to like the explanation of problems they missed in class.

They say that the lab is a good place to gather before tests to iron out last-minute details.

The accounting lab is provided free for all LSUS students.

CICS workshop to be held

A CICS (Customer Information Control System) Workshop will be held at LSUS on two Saturdays in September and two in October.

The course is designed to teach the writing of on-line application programs using command level coding for CICS. Program, terminal and file control as well as mapping techniques and concepts will be discussed. It will include lectures and machine exercise labs.

Those taking the course should be familiar with COBOL, assembler or PL1, according to instructor Wesley Brown, LSUS system software manager. The


course will use COBOL examples. However, a thorough knowledge of COBOL is not required, he said.

The workshop is primarily designed for analysis, programmers and those who are responsible for the design, programming, maintenance and installation of on-line systems.

The class will meet from 9 a.m. to 3 p.m. on Sept. 20 and 27 and Oct. 4 and 11 at LSUS.

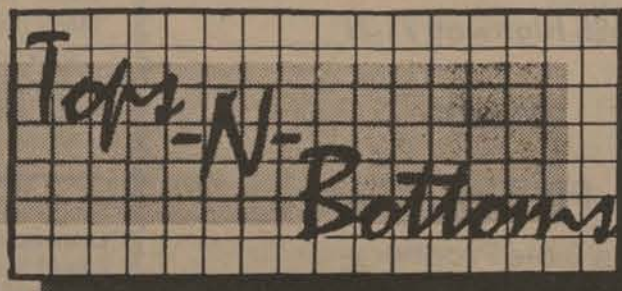
Course fee of \$180 is payable by check to LSUS through the Office of Conferences and Institutes. Pre-registration forms may be obtained by calling 797-5262.

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Goldblum's eyes say it all but 'Fly' gross, unfocused

by BARBARA POWELL
Editorial Assistant

The only unforgettable aspect of the movie "The Fly" is the eyes of actor Jeff Goldblum. His eyes dominate the screen as the eyes of a fly dominate its face.

The treatment ranges from obscure to heavyhanded to gross camp. The movie can't seem to light on a consistent mood or focus. It imitates, but lazily. There are flashes of "The Hunchback of Notre Dame," "Aliens," "King Kong" and "Altered States."

Goldblum plays Seth Brundel, a "systems management man" who has programmed a computer to "teleport" inanimate objects into outer space and back. They're placed in a black, pear-shaped chamber, beamed up, destroyed, then recreated. It sounds complicated, but it only takes a few seconds.

Seth, an impulsive guy, sends a baboon out into the "plasmic pool." It returns — a blob of writhing, bloody, squealing,

sinewy flesh. Undaunted, he decides to himself "taste deeply of the plasmic waters," unaware that a fly is sharing the trip with him.

Hard to swallow? Just regurgitate a "vomit glob" onto these sentences, and suck it back up.

Well, it works for flies.

Gina Davis plays Ronnie, a journalist who interviews Seth and falls in love with him. The character is never developed. It's not clear why Ronnie is attracted to Seth or even if she really is. Also, Davis is one-dimensional in her approach to her part.

Her eyes are lifeless even when they fill with tears, her emotions merely suggested, not felt. Davis seems to be imitating the mannerisms of actress Jessica Lange as she continually looks down, then aside, and pulls on her throat. Her crying sounds suspiciously like laughter.

Actor John Getz may have been capable of instilling some life into his part of Frank, Ronnie's editor

and ex-lover, but he is never given the chance. Frank is a one-dimensional character for most of the movie. It seems that he is crude, boorish, and womanizing.

Suddenly in the last reel, he changes into a sensitive, loving, heroic figure. His metamorphosis is more shocking than that of Seth because it is sudden and unheralded.

The movie contains some memorable lines, sure to become classics or at least oft-quoted in the days ahead.

"He's just the residue of another life I need to scrape off my shoes," says Ronnie to Seth as an exclamation of her relationship with Frank.

"I was in the neighborhood, and I felt a bit scummy," says Frank to Ronnie when she comes home one day and finds him in her bathroom taking a shower.

"You missed a lot of good moments," says Seth to Ronnie when she shows up at his apartment four weeks after he teleported himself.

Yes, she did.

The metamorphosis of Seth is easier for the audience to accept than that of Frank because it's a gradual process. Is the makeup realistic? It's difficult to tell for who would know what a man on his way to becoming a fly is supposed to look like.

It is left to the skills of the actor who portrays him to make the change in Seth believable. Jeff Goldblum does it all with his eyes.

Goldblum has great eyes:

Huge and black, they reflect the approaching metamorphosis and reveal the gradual receding of the human spirit. They leap out from the darkness of the abandoned warehouse he inhabits, a maze of dirty gray walls and silvery textured glass like fly's wings.

He blinks seldom, even kissing with eyes open. His look is inward, unfocused and that of a man who inhabits a very small world peopled only by his obsessions. As he changes the eyes look outward, flashing everywhere, though still never focusing on anything, as a fly never lights long on any object.

The eyes become sly, an inhuman gleam animating them. Unfortunately, Goldblum's eyes can't provide the focus the movie lacks.

If only the movie were more of something, anything and grosser, cruder, more frightening. Instead it remains just slightly out of focus. Only the eyes of Goldblum light up the darkness.



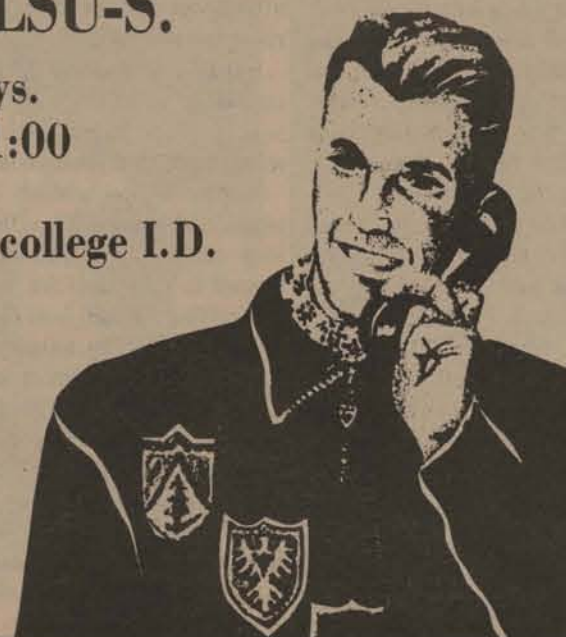
Staff photographer Gwin Grogan captures this relic of summer's end



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Cowboys finished

by JON DAVID MURRAY
Staff Writer

When the idea for this article was tossed around it was apparent that the demise of the Dallas Cowboys was at last upon us. After all an 0-6 preseason record is a fairly strong indication that problems are abound for a professional team.

Enter Herschel Walker and on a Monday night in Irving, Texas a good story line is lost, almost.

As a long time antagonist of the Cowboys, it did my heart good to see them lose every game in preseason. There is just something about a team that dubs itself "America's Team," that irritates me.

But I became somewhat interested by the news of Walker signing with the team, as I have been a long time fan of his.

The enthusiasm was short lived however, as was the idea that he alone could save this sinking ship.

So far in this decade under the guidance of Tom Landry, the only head coach the team has ever had, they have only been able to muster playoff appearances and several division titles, neither of

which satisfies the fans. Even those will not be present this year due largely in part to a weak offensive line, and a ragged defensive backfield.

The only plus other than Walker is that in an effort to do away with an outdated offense, Landry has brought in Paul Hackett from three unsuccessful seasons at San Francisco as offensive coordinator. Thus far however the Cowboys have not been able to master his system and until Mondays win over the New York Giants, it looked as though they may never have been able to.

There is one positive side to this losing season they will have though. At least they get to play the New Orleans Saints.

As evidenced by their victory over the Giants there is still some magic working for the Cowboys, but there won't be too many last second miracle victories this season for Dallas. The Cowboys have some obvious weaknesses on both sides of the line that will prove fatal in the tough NFC East division race. Sure, Dallas will still beat weaker teams like New Orleans, but the more talented teams will prove that the Cowboys have become fallen stars.

Game room exciting; IM starts tomorrow

by DONALD GARRETT
Sports Editor

Students wishing to relax or just have a good time can fulfill their desires by utilizing the University Center Game Room which is open on a daily basis.

There is a wealth of activities that should fit the needs of everyone in the game room. Students who need to feed their competitive fires can do so by participating in a friendly game of pool, ping-pong or darts. Those students wishing to just relax can kick back and listen to the excellent stereo system or watch the wide screen color television that is wired for cable.

Tournaments will be held in the various table games throughout the semester and anyone seeking to test his skills is eligible to enter.

About \$1,200 was spent over the summer in game room improvements, according to

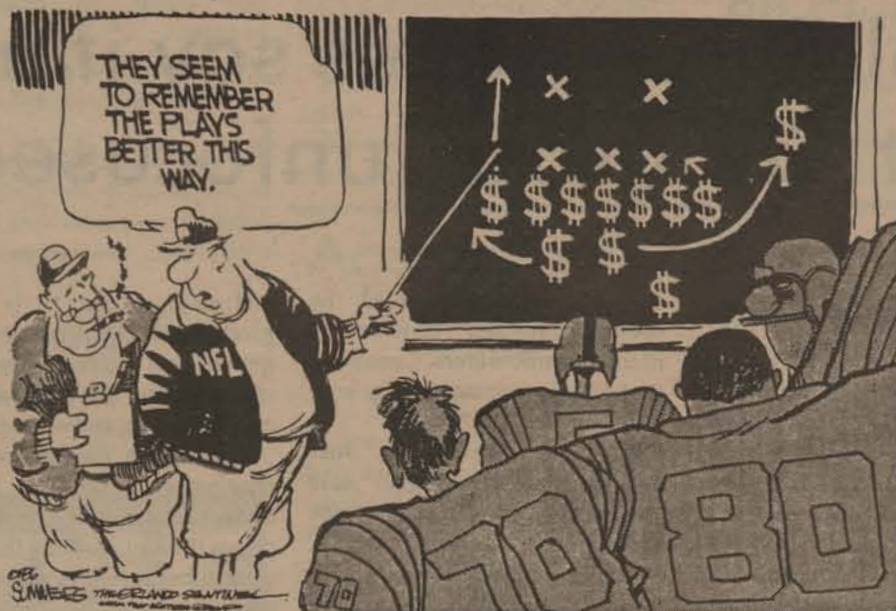
Carolyn Cornelison, assistant director of student activities.

"We added cable television and got the 6 regulation pool tables in excellent shape," said Cornelison, "and although we have no exact figures available, we are very pleased with the increased attendance and use of the games room this semester."

Intramural football kicks off tomorrow at LSUS with a preseason tournament featuring teams from all three divisions.

Men's, women's and co-rec teams will square off in the day long tournament. The opening kickoff is scheduled for 10 a.m. and all flag football fans are urged to attend. The tourney is a warm up for the regular session which will start in the next week or so.

As an added attraction the games are going to be video taped. The video taping will be handled by the intramural office according to Carolyn Cornelison of that office.



Fitness Program healthy concept

by DONALD GARRETT
Sports Editor

Following a sound fitness program is paramount not only to a person's physical well being, but also to his continued mental health as well.

Unfitness is fostered by our modern lifestyle. The need for physical exertion in the work place has been eliminated by the innovative technological advances of the past 30 years. In today's automated world Americans have more leisure time than ever before, but unfortunately, too few people are utilizing that time to keep themselves in good physical condition.

People take the easy way out today, taking advantage of every automatic gadget that saves even an ounce of physical effort. Ladies take the elevator instead of walking the stairs, men ride lawn mowers instead of pushing them, and golfers drive golf carts from hole to hole rather than carrying their clubs. The consequence is that far too many Americans are sadly out of shape, lacking endurance and often overweight.

It does not have to be that way. There are a vast and varied number of physical activities that people can take part in that will fulfill the necessary exercise requirements for good health. A regular exercise routine in combination with day-to-day activities will provide energy and vitality to a person's daily life.

Although regular exercise can not assure a person of excellent health, it is the foundation for maintaining good health. Exercise or fitness programs primarily fall into four basic categories: strength, muscular endurance, flexibility and cardiorespiratory endurance. Many different ac-

tivities are a part of the various groups.

The most familiar component of fitness is physical strength. Weight training is the quickest way to build muscle bulk and increase body strength. Free weight training with barbells and dumbbells builds bulk and training on isometric machines, found in most gyms, builds muscle resistance and strength.

Muscle endurance does not build strength, but rather allows the muscles to apply strength and sustain it for a period of time. Push-ups, sit-ups, pull-ups and even pitching a baseball for an extended period are examples of muscle endurance exercises.

Flexibility is the ability to move the body joints — to bend, twist, and stretch them without

injuring any joint area. Calisthenics in all forms are the flexibility exercises.

Walking, jogging, swimming, cycling, and aerobics are types of cardiorespiratory exercises. These exercises are the most important because they strengthen the heart and lungs.

It is important to remember that everybody does not have to follow the same regimen as an athlete in training in order to get the right amount of exercise. But one must follow a regular routine in whatever exercise activity he has chosen in order to receive any benefit from that activity.

This is the first installment in a series the Almagest will be doing on physical fitness and what are known as the life sports.

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